FREEDOM WELLNESS

Computerised Cognitive Behavioural Therapy



You now have a new way to obtain counselling through your Freedom Wellness benefit. For support with issues such as anxiety, stress, and depression, you can access computerised Cognitive Behavioural Therapy (cCBT). Weekly, online interactive sessions teach you how to apply CBT concepts to change the way you think about and perceive events, resulting in an improvement to your personal well-being, family relationships, and work and social roles.

The confidential cCBT program* comprises seven sessions offered online over seven weeks. A qualified counsellor will track your progress and guide you throughout via email and telephone support. Easy to use, with a personalised registration and login, this seven-week program utilises video and multimedia to enhance your online experience.

Key benefits of the cCBT Program include:

- An alternative way of receiving counselling, ideal for people used to accessing services online.
- Effective for mild to moderate levels of stress, anxiety, or depression.
- Helps to improve quality of life, both in and away from the workplace.

*Prior to accessing cCBT, an assessment is made to ensure clinical appropriateness. In some cases, short-term face-to-face or telephone counselling, or other support/resource options may be more appropriate.

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HEALTH INSURANCE